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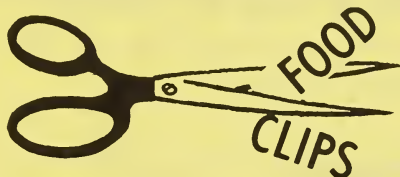
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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
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Large eggs are bigger—not better—than smaller eggs. Large refers only to the weight of the egg—not to the quality.

\* \* \*

Is it true that you should store eggs with the large end up in your refrigerator? According to U.S. Department of Agriculture, it is true; keeping eggs large end-up will keep the yolk from sticking to the shell and help them keep their natural quality longer.

\* \* \*

Eggs do need to be refrigerated in order to keep their natural quality. If you let them sit in a warm area for any length of time, they will lose quality.

\* \* \*

If a carton of USDA-graded eggs is labeled "large," all the eggs together must weigh at least 24 ounces. There may be some slight variation between individual eggs.

\* \* \*

You pay for the fat on the meat you buy, so use any extra for cooking and seasoning.

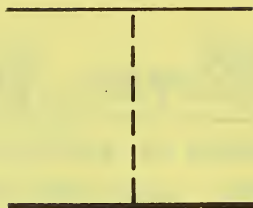
## HOW DOES YOUR GARDEN GROW? —Better With Compost

Organic matter improves the physical properties of the soil, according to research scientists of Agricultural Research Service at the U.S. Department of Agriculture. Compost, which is a stabilized, partly decomposed organic matter, improves the soil structure. Like a sponge, compost will hold more water than does soil.

If you add compost to a light, sandy soil it increases the water holding capacity of the soil and plants can survive under conditions of drought.

If you add compost to heavy soil—generally compact with less air space available for good root growth—the soil becomes friable and loose. Water and air can move into the soil, and undesirable gases, such as carbon dioxide, move out. Loose, friable soil does not restrict root movement as compared with compacted soil—thus, composted sewage sludge improves soil conditions. It also provides a desirable environment for plant growth.

Straight stitch.

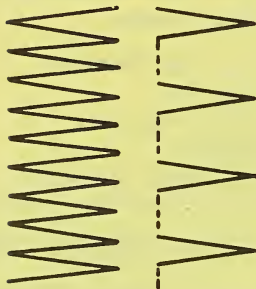


## ON CHOOSING A MACHINE

consider . . .

- ease of operation
- a light to focus on stitching
- threading process
- speed control

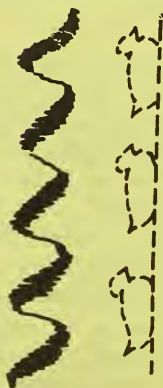
Basic zigzag stitch.



More versatile zigzag stitches.



Most versatile zigzag stitches.



Details and other tips on buying in

### "BUYING A NEW SEWING MACHINE"

Program Aid 1044 Available for 25 cents  
a copy from the Superintendent of Documents,  
Government Printing Office, Washington, D.C.  
20402, or at any GPO Bookstore for 15 cents  
a copy.



## ON SEWING MACHINES

### —and 'How to Buy'

A new sewing machine -- deluxe with all the attachments -- may cost as much as \$500. This may -- or may not -- be a good investment. It depends on if you really use the machine and how often. It also depends on the type of purchase you originally made and if it suits your sewing needs.

Over 50 million people are doing home sewing and this figure will probably soon increase, according to U.S. Department of Agriculture Extension Clothing Specialist, Virginia Ogilvy, who recently compiled a new publication called "Buying A New Sewing Machine." Selecting a sewing machine that will be useful as a long-time family investment is the most important consideration, she says.

Some people just think that they are going to "save by sewing" so they spend "any amount" on their machine. Complicated machines with features that you may never use can prove to be a poor purchase, the booklet warns. Of course, if you plan to learn to use the attachments (with instructions usually from the purchasing outlet) you will benefit by using all the extra knowledge and accessories.

For the novice it is important to know the four main categories of sewing machines from which to choose: straight stitch, basic zigzag, more versatile zigzag, and most versatile zigzag. And it depends on what use you intend to make of the machine -- fine tailoring, just hemstitching or whatever.

What should you consider in purchasing a machine? Perhaps you should look at an "open arm machine," which allows you to slip tubular parts of a garment—such as a sleeve, pant leg or cuff—over the arm in order to sew them more easily. A "sewing bed extension" can be provided to enlarge the sewing surface. There are also different controls for sewing machines developed for use by handicapped persons who have impaired vision and for those with limited use of hand, arms, or legs.

## USDA RESEARCH

### --on Alfalfa and Protein

Alfalfa to most of us means a cover crop out in the pasture. And, according to the dictionary, those small divided leaves and purple cloverlike flowers with spiral pods really make it a member of the pea family. But—alfalfa juice or powder is something new.

A bland, white edible protein concentrate with many potential uses for food in less-developed countries is made from fresh, green alfalfa in a pilot plant operation by the U.S. Department of Agriculture at Berkeley, Calif. This protein, developed by a research team of scientists, is now in an advanced stage of development. It can be used to step up the protein content of such foods as breads, pastas, soups, stews, gravies, ground meats, milk substitutes and other preprocessed foods.

Most of the world's protein exists in green leaves, but a major portion of this protein is not consumed directly by humans because of its high fiber content and bitter taste. The juice, of course, eliminates this problem. It could come as a byproduct of the alfalfa dehydration industry.

The Agricultural Research Service's Western Regional Research Center at Berkeley has had a process called PRO-XAN I which separates the protein and pigment from freshly squeezed alfalfa juice. The end product is dry, fiber-free and high in protein. It also has a strong, grassy flavor and a deep green color juice which is not considered desirable.

However, the same research team developed a modified process (PRO-XAN II) to separate the white protein from the green protein. So, the new process produces a white powder that contains approximately 90 percent protein and has good possibilities.

Over 100 gallons of alfalfa juice per hour can be processed at the pilot plant -- about 80 percent of the soluble white protein in the juice being recovered. That makes about three pounds of protein powder per hour.

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#### COMMENTS AND INQUIRIES TO:

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